

Tomato Spoon Salad³⁰

Number of Servings: 30 (96.04 g per serving)

Amount	Measure	Ingredient
7 1/2	cup	Tomatoes, red, cnd, whole, not drained
2 1/4	ea	Peppers, bell, green, sweet, fresh, med, 2 1/2"
2 1/4	cup	Celery, fresh, diced
1 1/4	ea	Onion, med, fresh FDA
6 3/4	tsp	Spice, celery seeds
15.00	Tbs	Vinegar, white, distilled
15.00	Tbs	Sugar

Nutrients per serving

Nutrition Facts	
Serving Size (96g)	
Servings Per Container	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 1g	
Vitamin A 2%	Vitamin C 20%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

Mix all together. Refrigerate overnight. Serve at 40 degrees or colder in cold dish.
Serve 1/2 cup with 4 oz spoodle or #8 scoop.